

Child and Adult Care Food Program (CACFP)

Sample Cold Breakfast Menus for CACFP Child Care Centers and Homes

These sample breakfast menus for CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers reflect the meal pattern requirements of the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*, effective October 1, 2017. Serving sizes are for ages 3-5 and can be adjusted for other ages. Some of these sample menus include additional meal pattern components or exceed the minimum serving requirements.

The CACFP breakfast meal pattern for ages 3-5 requires $\frac{3}{4}$ cup of unflavored low-fat (1%) or fat-free milk; $\frac{1}{2}$ cup of vegetables, fruits, or both; and $\frac{1}{2}$ serving of grains. Meat/meat alternates may substitute for the entire grains component up to three times per week. For information on the CACFP meal patterns, see the *CACFP Meal Patterns for Children*, the Connecticut State Department of Education's (CSDE) guide, *Meal Pattern Requirements for CACFP Child Care Programs*, and the CSDE's *Meal Patterns for CACFP Child Care Programs* and *Crediting Foods in CACFP Child Care Programs* webpages.

The type of foods purchased and the recipes and preparation techniques used by the CACFP facility will determine whether local menus meet the CACFP meal patterns and the CSDE's recommended Connecticut Child Care Nutrition Standards (CCCNS). CACFP facilities should use the USDA's *Food Buying Guide for Child Nutrition Programs* to determine the amount of purchased food that meets the required serving for each meal pattern component. A Child Nutrition (CN) label or manufacturer's production formulation statement (PFS) must be on file to document the meal pattern contribution of all commercial foods served in CACFP menus. A standardized recipe must be on file to document the meal pattern compliance of foods made on site in the adult day care center. For more information on crediting documentation, see the CSDE's handouts, *Accepting Processed Product Documentation in the CACFP*, *Using Child Nutrition (CN) Labels in the CACFP*, and *Using Product Formulation Statements in the CACFP*. For more information on standardized recipes, see the CSDE's *Standardized Recipe Form for the CACFP* and section 2 of the CSDE's guide, *Meal Pattern Requirements for CACFP Child Care Programs*.

Abbreviations

M = milk component

G = grains component

FV = vegetables and fruits component

MMA = meat/meat alternates substitute for grains ¹

A = additional creditable food (not full serving)

O = other food (noncreditable)

WGR = whole grain-rich

Tbsp = tablespoon

c = cup

tsp = teaspoon

oz = ounce



See page 4 for menu planning notes. For information on noncreditable foods, see the CSDE's handout, *Noncreditable Foods in CACFP Child Care Programs*. For a list of resources with guidance on meeting the CACFP meal pattern and crediting requirements, see the CSDE's handout, *Resources for the CACFP Meal Patterns*.

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	G ½ serving	Low-fat yogurt (¼ c) ^{1,2} MMA	Cheese roll-up: whole-corn tortilla (½ oz) ³ WGR	Whole-grain bagel (½ oz) ³ WGR	Cold whole-grain cereal (⅓ c) ⁴ WGR	Enriched blueberry muffin (1 oz) ³
	FV ½ cup	Mixed berries (½ c)	Pineapple chunks (½ c)	Green grapes (½ c)	Banana slices (½ c)	Apricots in juice (½ c) ⁵
	A		Low-fat cheese (¼ oz)	Peanut butter (1 Tbsp)		
	O			Jelly (1 tsp)		
Week 2	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	G ½ serving	Low-fat cottage cheese (⅛ c) ¹ MMA	Whole-grain cereal (⅓ c) ⁴ WGR	Yogurt pumpkin parfait: vanilla Greek yogurt (¼ c) ^{1,2} MMA	Enriched banana bread (1 oz) ³	Whole-wheat roll (½ oz) ³ WGR
	FV ½ cup	Pineapple tidbits in juice (½ c) ⁵	Blueberries (½ c)	Pureed pumpkin (¼ c) and raisins (⅛ c) ⁶	Applesauce (½ c)	Orange slices (½ c)
	A	Chopped dried fruit (1 Tbsp) ⁶		Whole-grain granola (¼ c) ⁴	Peanut butter (1 Tbsp)	
	O					Margarine (1 tsp) or jelly (1 tsp)
Week 3	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	G ½ serving	Hard-boiled egg (½) ¹ MMA	Cold quinoa fruit salad: cooked quinoa (¼ c) ³ WGR	Whole-wheat roll (½ oz) ³ WGR	Enriched buttermilk biscuit (½ oz) ³	Whole-grain granola cereal (⅓ c) ⁴ WGR
	FV ½ cup	Cantaloupe cubes (½ c)	Sliced grapes, bananas, peaches, strawberries (½ c)	Diced fresh pears (½ c)	Clementine (½ c)	Sliced cherries (½ c)
	A	Whole-grain bread (½ oz) ³ WGR		Low-fat cheese (½ oz)	Sliced ham (½ oz)	Low-fat yogurt (¼ c) ^{1,2}
	O	Margarine (1 tsp) or jelly (1 tsp)	Orange yogurt sauce (2 Tbsp)		Honey (1 tsp)	

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		Monday	Tuesday	Wednesday	Thursday	Friday
Week 4	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	G ½ serving	Enriched corn muffin (1 oz) ³ WGR	Low-fat cheese (½ oz) ¹ MMA	Cold waffle sandwich: whole-grain waffles (1 oz) ³ WGR	Whole-grain cereal (⅓ c) ⁴ WGR	Whole-wheat English muffin (½ oz) ³ WGR
	FV ½ cup	Banana, 7 to 7 ⅞ inch (½ c)	Apple slices (½ c)	Sliced strawberries (½ c)	Honeydew melon (½ c)	Sliced peaches (½ c)
	A	Low-fat cheese (1 oz)	Whole-grain bread (1 oz) ³ WGR	Peanut butter (1 Tbsp)		
	O			Syrup (1 tsp)		Margarine (1 tsp) or jelly (1 tsp)
Week 5	M ¾ cup	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)	Low-fat milk (¾ c)
	G ½ serving	Cold whole-grain cereal (⅓ c) ⁴ WGR	Cinnamon cottage cheese (⅓ c) ¹ MMA	Peach mango yogurt smoothie: low-fat yogurt (¼ c) ^{1,2} MMA	Apple roll-up: whole-grain tortilla (½ oz) ³ WGR	Enriched pumpkin- cranberry bread (1 oz) ³
	FV ½ cup	Orange slices (½ c)	Red grapes (½ c)	Pureed peaches and mangos (½ c) ⁵	Diced apple (½ c)	Cantaloupe cubes (½ c)
	A		Whole-grain cereal (½ c) ⁴ WGR	Enriched apple muffin (1 oz) ³	Peanut butter (1 Tbsp)	
	O					

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Menu planning notes

- ¹ Meat/meat alternates may substitute for the entire grains component at breakfast up to three times per week. A 1-ounce serving of meat/meat alternates substitutes for one serving of the grains component. The USDA's *CACFP Best Practices* recommends serving only lean meats, nuts, and legumes; limiting processed meats to one serving per week; and serving only low-fat or reduced-fat natural cheese. Meat products with binders and extenders require a PFS to determine appropriate crediting, based on the actual percentage of meat in the product formula. For more information, see the CSDE's handouts, *Using Product Formulation Statements in the CACFP*, *Crediting Commercial Meat/Meat Alternates in the CACFP*, and *Crediting Deli Meats in the CACFP*. For information on the meat/meat alternates component, visit the "Meat/Meat Alternates Component" section of the CSDE's *Crediting Foods in CACFP Child Care Programs* webpage.
- ² Yogurt (regular and soy) cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE's handout, *Crediting Yogurt in the CACFP*.
- ³ To credit as the grains component, a creditable grain (whole, enriched, bran, or germ) must be the first ingredient (excluding water), or the greatest ingredient by weight. For information on identifying creditable grains, see the CSDE's handout, *How to Identify Creditable Grains in the CACFP*. At least one serving per day must be WGR. The USDA's *CACFP Best Practices* recommends at least two servings of WGR grains per day. WGR foods for the CACFP contain at least 50 percent whole grains and the remaining grain ingredients are enriched, bran, or germ. For more information, see the CSDE's handout, *Whole Grain-rich Criteria for the CACFP*. Except for sweet crackers (such as graham crackers and animal crackers), grain-based desserts cannot credit, e.g., cookies, piecrusts in sweet pies, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies. The CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information, visit the USDA's webpage, *Grain-Based Desserts in the CACFP*. Through September 30, 2021, grains must meet the required weights or volumes in *Grain Servings for the CACFP*, or provide the minimum creditable grains per serving. For more information, see the CSDE's handout, *Calculation Methods for Grain Servings in the CACFP*. Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information, see the CSDE's handout, *Grain Ounce Equivalents for the CACFP*. For information on the grains component, visit the "Grains Component" section of the CSDE's *Crediting Foods in CACFP Child Care Programs* webpage.
- ⁴ Breakfast cereals (ready-to-eat (RTE) and cooked) cannot contain more than 6 grams of sugars per dry ounce. Through September 30, 2019, the required amount for ½ serving of RTE breakfast cereal for ages 3-5 is ⅓ cup or ½ ounce, whichever is less. Beginning October 1, 2019, the serving size changes to ounce equivalents. The required amount for ½ ounce equivalent is ½ cup of flakes or rounds, ¾ cups of puffed cereal, and ⅛ cup of granola.
- ⁵ Pasteurized full-strength juice credits as the vegetables or fruits component at only one meal or snack per day. Juice includes all fruit and vegetable juice, frozen pops made from 100 percent juice, pureed fruits and vegetables in smoothies, and juice from canned fruit in 100 percent juice. For more information, see the CSDE's handouts, *Crediting Juice in the CACFP* and *Crediting Smoothies in the CACFP*. The USDA's *CACFP Best Practices* recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice. For information on the fruits and vegetables components, visit the "Fruits Component" section and "Vegetables Component" section of the CSDE's *Crediting Foods in CACFP Child Care Programs* webpage.
- ⁶ Dried fruit credits as twice the volume served, e.g., ¼ cup of raisins credits as ½ cup of the fruits component. The minimum creditable amount for the fruits component is ⅛ cup, which equals 1/16 cup or 1 tablespoon of dried fruit. Amounts less than 1 tablespoon of dried fruit do not credit.

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This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/MenuBreakfastColdCACFP.pdf>.

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